

sandhyaavandanam

1. **aachamanam** - sit in a squatting position, facing east or north. The hands should be between the knees. Bend all the fingers other than the thumb and the small finger slightly so that the palm makes a hollow. Take a very small quantity of water in the palm and sip, reciting the following three mantras (one sip for each mantra)

om achyutaaya namaha
om anantaaya namaha
om govindaaya namaha

keshavaaya namaha (touch right cheek with right thumb)
naaraayaNaaya namaha (touch left cheek with right thumb)
maadhavaaya namaha (touch right eye with right ring finger)
govindaaya namaha (touch left eye with right ring finger)
vishNave namaha (touch right nostril with right index finger)
madhusoodanaaya namaha (touch left nostril with right index finger)
trivikramaaya namaha (touch left ear with right small finger)
vaamanaaya namaha (touch left ear with right small finger)
shreedharaaya namaha (touch right shoulder with right middle finger)
hRushikshaaya namaha (touch left shoulder with right middle finger)
padmanaabhaaya namaha (touch naval with right hand)
daamodaraaya namaha (touch head with right hand)

2. **praaNaayaama** Bend the index and middle fingers. Press right nostril with the thumb and left nostril with the ring finger and the small finger. First draw in the breath through the left nostril while mentally chanting the following mantra. Then hold the breath, mentally chanting the same mantra again. Let the breath out through the right nostril, again mentally chanting the same mantra. These three actions of inhaling, holding the breath and exhaling, during which the mantra is chanted three times, makes one praaNaayaama.

om bhoohu
om bhuvaha
om suvaha
om mahaha
om janaha
om tapaha
om satyam
om tatsavitu vareNyam bhargodevasya dheemahi
dheeyoyonah prachodayaat
om aapo jyotirasomrutam brahma bhoor bhuvassuvarom

3. **sankalpam** Place the left palm, turned upward, on the right thigh and place the right palm, turned downward on the left palm. Recite the following mantra

mama upaatta samasta durita kshaya dwaaraa shree parameshwara preetyartham

(Depending upon the time of day)

praatah sandhyaah karishye
madhyaanhikam sandhyaam karishye
saayam sandhyaam karishye

4. **mantra prokshaNam** *Reciting “om keshavaaya namaha”, write om on water with finger and touch the spot between the two eyebrows with that finger. Then, while reciting the first seven of the following nine mantras, sprinkle water on the head with the ring finger. While reciting the eighth mantra, sprinkle water on the feet. Again sprinkle water on the head while reciting the ninth mantra.*

aapohishThaa mayo bhuvaha | tana oorje dadhaatana | maheraNaaya chakshase |
yovah shivatamorasah tasya bhaajayate hanaha | ushateeriva maataraha | tasma
aranga maamava | yasya kshayaya jinvadha | aapo janayata janaha | om
bhoorbhuvassuvaha ||

Now take a little water in the palm and rotate the palm around the head with the following mantra

om bhoorbhuvassuvaha

5. **praashanam** *sipping water with mantra*
Take a little water in the palm and sip, after reciting the following mantra h

praatah sandhyaa -

sooryashcha ma manyushcha manyu patayashcha manyukRutebhya
paapebhyo rakshantam
yad raatryaa paapa maa karsham
manasaa vaachaa hastabhyam padbhyaam udareNa shishna
raatreeh tadaa valumbatu
yad kincha duritam mayi
idam aham mama amRuta yonou
soorya jyotishee juhomi svaahaa

madhyaanha sandhyaa -

aapa punantu pRuthveem pRuthvee poota punaatu maam
punantu brahmaNaspatir brahma poota punaatu maam
yad uchishTamabhojyam asatam cha pratigraham svaahaa

saayam sandhyaa -

agnishcha ma manyushcha manyu patayashcha manyu kRutebhya
paapebhyo rakshantam
yadahna paapama karsham
manasaa vaachaa hastabhyam
paadabhyam udareNa shishna
ahastada valumbatu
yad kinchid duritam mayi
idamaham maam amRuta yonau
satye jyotishee juhomi swaahaa

6. aachamanam

om achyutaaya namaha
om anantaaya namaha
om govindaaya namaha

7. punah prokshaNam *sprinkling water again. sprinkle water on the head with the following mantrah*

dadhikraavaNNa iti mantrasya vaamadeva rushihi
anushTup cChandaha
dadhikraava devataa
apaam prokshaNe viniyogaha

om dadhikraavaNNo akaarisham
jishNorashvasya vaajinah
surabhee no mukhaakaraat
praaNa aayugmshi taarishat
aapo hishThaa mayobhuvaha
tana oorje dadhaatana
maheraNaaya chakshase
yovah shivatamo rasaha
tasya bhaajayatehanaha
ushateeriva maataraha
tasmaa arangamaamavaha
yasya kshayaaya jinvata
aapo janayataachanaha
om bhoorbhuvassuvaha

rutancha satyancha tapasodyata tato raatree jaayataa tadaa samudro aarNavaa
samudradaarNavaa dadhi samvadvaro ajaayata
aho raatraani vidhatat viswasyamishadho vasi
soorya chandramaasou tadaa yat poorvamagalpayat
divancha pruthveem santarishmato suva

8. **arghya pradaanam** *Offering water*

morning - stand facing east.

Noon - stand facing north and do the same twice

evening - squat facing west and do the same three times

Take plenty of water in both palms and raising the heels a little, pour the water down through the tips of the fingers other than the thumb reciting the following mantra. This is to be done three times.

om bhoorbhuvassuvah tatsaviturvareNyam |
bhargo devasya dheemahi dheeyo yonah prachodayaat ||

9. **praayashchita arghyam** *Offering of water in atonement for failure to perform the worship at the proper time*

Do praaNaayama once, as in 2nd step. Then offer arghya once, as in 8th step. Then reciting om Bhoorbhuvassuvaha turn round once and sprinkle a little water around you.

praatah sandhyaa -

om yadatya gacCha vRutrahaan | udaaya abhisooraya sarvaan dateendra te vaache

madhyaanha sandhyaa -

om utkedtbhee shrutamaagam vRushabhaam naryabasim
astarameshi soorya

saayam sandhyaa -

om na tasya mayaa yaachanaa
ripureeseetaa martya yo agnaye datacha havyadaatibhihi

10. **aikyaanusandhaanam** *Meditation on the identity of the individual self and the supreme self. Sit down, close the eyes and mentally chant –*

asavaadityo brahma brahmai vaham asmi

11. **deva tarpaNam** *Offering of water to the gods*

Morning - squat, facing east.

Noon - squat, facing north.

Evening - squat, facing north

Pour water through the finger tips of both hands reciting the following mantras -

aadityam tarpayaami
somam tarpayaami
angaarakam tarpayaami
budham tarpayaami

bRuhaspatis tarpayaami
shukram tarpayaami
shanaishcharam tarpayaami
raahum tarpayaami
ketum tarpayaami
keshavam tarpayaami
naaraayaNam tarpayaami
maadhavam tarpayaami
govindam tarpayaami
vishNum tarpayaami
madhusoodanam tarpayaami
trivikramam tarpayaami
vaamanam tarpayaami
shreedharam tarpayaami
hRushikesham tarpayaami
padmanaabham tarpayaami
daamodaram tarpayaami

12. **japa sankalpa** *Sit on a wooden plank or small carpet. The eyes should be half-closed and the mind should be concentrated on the mantras which are to be recited mentally.*

Morning - sit facing east.

Noon - sit facing north.

Evening - sit facing west

The vessel of water should be kept in front. First chant

shuklaambaradharam vishNum shashivarNam chaturbhujam
prasanna vadanam dhyaayet sarva vighnopashaantaye

12.1 - **praaNaayaama**

om bhoohu
om bhuvaha
om suvaha
om mahaha
om janaha
om tapaha
om satyam
om tatsavitur vareNyam bhargo devasya dheemahi dheeyo yonah prachodayaat
om aapojyotirasa amrutam brahma bhoorbhuvassuvarom

Now chant the following, with the left palm facing upward on right thigh, and right palm facing downward on top of left palm –

mama upaatta samasta durita kshaya dvaaraa shree parameshwara preetyartham

praatah - praatah sandhyaa gaayatree mahaamantra japam karishye

madhyaanha - madhyaanhika gaayatree mahaamantra japam karishye

saayam - saayam sandhyaa gaayatree mahaamantra japam karishye

13. **praNava japam**

praNavasya rushi brahma (recite, touching the head with the fingers of the right hand)
devee gaayatree cChandaha (recite, touching the upper lip)
paramaatmaa devataa (recite, touching the chest)
bhooraadi sapta vyaahruteenaam atri bhrugu kutsa vasishTha goutama kaashyapa
aangeerasa rushayaha (recite, touching the head)
gaayatree ushnika anushTup bruhati pankti trishTup jagatyah cChandaamsi
(recite, touching the upper lip)
agni vaayu arka vaageesha varuNa indra vishvedeva devataah (recite, touching the chest)

13.1 - **praaNaayaama** (3 times)

om bhoohu
om bhuvaha
om suvaha
om mahaha
om janaha
om tapaha
om satyam
om tatsavituvareNyam bhargodevasya dheemahi
dheeyoyonah prachodayaat
om aapo jyotirasomRutam brahma bhoorbhuvassuvarom

14. **gaayatree aavaahanam** *Invoking Gaayatri*

ayatu iti anuvaakasya vaamadeva rushihi (recite, touching the head)
anushTup cChandaha (recite, touching the upper lip)
gaayatree devataa (recite, touching the chest)

With the following mantras invoke gaayatri devi in the heart by means of the aavaahani mudra

om ityekaaksharam brahmaa agnir devataa brahmaa preetyartham
gaayatram cChandam paramaatmam svaroopam saajyam viniyogam
aayatu varadaa devi akshatram brahma samhita
gaayatri Chandasam matedam brahma jushaswana
oojosi, sahosi, balamasi, brajosi, devaanaam dhaama naamaasi vishwamasi,
vishwaayu sarvamasi, sarvaayu abhipoorom, gaayatream aavahayaami, saavitream
aavaahayaami
saraswateem aavaahayaami, c Chanda Rushinaam aavaahayaami, shriyam
aavaahayaami, gaayatrya gaayatrishChando vishwaamitra rushihi
savitaa devataa

agnir mukham brahma, shiro vishNu, hrudaya rudra, shikhaa pruthvee, yoni praaNa
apaana vyaano daana samaano sapraaNaa shweta varNa, sankhyayaana sagotra,
gaayatri chatur vishatyakshara tripada sadrushhi pancha sheershopanayane viniyogaha

15. **gaayatree nyaasam**

saavitrya rushih vishvaamitraha *(recite, touching the head)*
niChrudgaayatree cChandaha *(recite, touching the upper lip)*
savitaa devataa *(recite, touching the chest)*

16. **gaayatree japam** (108 times) *Gaayatri japa –*

morning - stand facing east, the palms joined and held in front of your face
Noon - stand or sit facing east, the joined palms in front of the chest
Evening - sit facing west, the joined palms in front of your navel

The hands should be covered with the angavastra, or a piece of cloth. The mantra should be chanted mentally without movement of the lips.

om bhoorbhuvasvah tatsaviturvareNyam
bhargodevasya dheemahi dheeyo yonah prachodayaat

17. **gaayatree upasthaanam** *Prayer to Gaayatri to return to Her abode*
First do praaNaayaama once, sitting down. Then stand up, facing the same direction as in step
16, join the palms and recite -

17.1 **praaNaayaama**

17.2 praatah sandhyaam upasthaanam karishye *(praatah sandhyaa)*
aadiyam upasthaanam karishye *(madhyaanhikam sandhyaa)*
saayam sandhyaa upasthaanam karishye *(saayam sandhyaa)*

18. **soorya upasthaanam** *Prayer to sun to return to His abode*
stand facing the same direction in which the japa is done, join the palms and salute the
Paramaatman who is shining in the centre of the rising sun.

18.1 - **praaNaayaama**

18.2 - **praatah sandhyaa** - mitrasya charshani druto aavo devasya sanaasi
dyumnam chitra shravasthamam
mitro janaan yataayati bruvaano mitro dataara pruthveem udatyam
mitra srushTir nimishaa abhishTe mitraaya havyam grutavajjuhotaa
prashamitra marto astu prayaswaan yasta aaditya shikshati vrutena
na hanyate na jeeyate dvoto sannama aho asnoDhyamtito na doorata

madhyaanahnikam - aakrushNo na rajasaa vartamaano niveshayan amrutam
martyancha
hiraNyanena savitaa ratheno devo yadi bhuvananai pashyantachakshur devahitam
purastashchakra mucharat
pashyema sharadaam shatam
jeevema sharadaam shatam
hamsa shuchishat vasur antareeksha sat hotaa vedishadatir droNa sat
nrushatvarasat rutasat vyomaasa tabja koja rutaja aadrija rutam bruhaat

udutyam jaata vedasam devam vahanti hetava drushe visvaya sooryam
apatye dayavo yadaa nakshatrayandyaktubhi
shooraaaya vishwaachakshase

chitraan devaanaam udagadaaneekam chakshur mitrasya varuNasyaagye
aapadyava pruthvee antariksha soorya aatma jagatastas dushacha
tat sooryasya devatvam tan mahitwam
madhya kartor vidhaatam sancha bhara
yadede yukta haridaasa sadastat
aadraatri vaasa sthaanu te asmaihi
tanmitrasya varuNasya abhi chakshe
sooryo roopam gruNute dyou roopasthe

saayam sandhyaa -

imam me varuNa shruti hava madhya cha mruDaya tvaam mavasyu raachake
tatwayaami brahmaNa vandamaanasa tadasaaste yajamaano havirbhi
aheLamaano varuNeha bhodyurusa sa maa na aayu pramoshi
yacChidite visho yadaa pradeva varuNa vratam
minimasi dyavi dyavi
yat kinchedam varuNa daivye jane abhidroham manushyascharamasi
achitee yat tava dharma yoyopimaa maa nastasma tenaso deva reerisha
kita vaaso yad reeripur na dheevi yad vaagha satya mutayanna vidma
sarvaataa vishya sitireva devataa te syaama varuNa priyasa

19. **samashTi abhivaadanam** *Prostration to all. Stand facing the same direction as in step 18. Turn round to the next direction after each of the first four mantras. Then stand facing the original direction for the remaining mantras, palms joined -*

sandhyaayai namaha
saavitryai namaha
gaayatryai namaha
saraswatyai namaha
sarvebhyo devataabhyo namo namaha
kaamo karshed manyur karshed namo namaha

pravara - example (aangeerasa, bhaarhaspatya, bhaaradwaaja trayee rusheya pravaraanvita, bhaaradwaaja gotra, ashvilaayana sootra, rugveda adhyaaya, sharmaNaam aham asmibho)

abhivaadaye ... rusheya pravaraanvita
.....gotra
.....sootra
..... veda adhyaaya
..... sharmaNaam aham asmibho

20. **digdevataa vandanam** *Prostration to the deities of the directions. Stand facing the same direction as in step 16, Turn round and make obeisance to the deities of the four directions etc -*

praachyai dishe namaha
dakshiNaayai dishe namaha
prateechyai dishe namaha
udeechyai dishe namaha

oordhvaaya namaha
aadhaaraaya namaha
antarikshaaya namaha
bhoomyai namaha
brahmaNe namaha
vishvane namaha
mrutyuve namaha

21. **yama vandanam** *Prostration to the Lord of Death. Stand facing south, palms joined*

yamaaya namaha
yamaaya dharmaraajaaya mrutyuve cha antakaaya cha
vaivasvataaya kaalaaya sarva bhoota kshayaaya cha
ouDumbharaaya dagnaaya neelaaya parameshTine
vrukodharaaya chitraaya chitraguptaaya vai namaha

chitra guptaaya vai namaha om namaha iti

22. **harihara vandanam** *Prostration to Harihara. Stand facing west*

rutagam satyam para brahma purusham krushNa pingaLam
oordhvaretam viroopaaksham vishva roopaaya vai namaha

vishwa roopaaya vai namaha om namaha iti

23. **soorya naaraayaNa vandanam**

namaha saavitre jagadeka chakshushe
jagat prasooti sthiti naasha hetave
trayeen maayayaa triguNaatmaa dhaariNe
virinchi naaraayaNa shankara aatmane

dhyeya sadaa savitru manDala madhyavartee
naaraayaNa sarasijaasana sannivishTa
keyooravaan makara kunDalavaan
kireeTi haari hiraNyavapur druta shankha chakra

shankha chakra gadaa paaNe dwaarakaa nilayaachyute
govinda punDareekaaksha rakshamaam sharaNaagatam

aakaashat paThitam toyam
yadaa gacChatI saagaram
sarva deva namaskaara
shree keshavam prati gacChatI

shree keshavam prati gacChatI om nama iti

24. **samarpaNam** *Dedication. Sit down, take a little water in the palm and pour it down through the fingers after reciting the following mantra -*

kaayena vaachaa manasendriyairvaa buddhyaatmanaavaa prakrute svabhaavaat
karomi yadyat sakalam parasmai
naaraayaNaayeti samarpayaami

aachamanam

25. **rakshaa** *Protection. Chanting the following mantra, sprinkle a little water at the spot where the japa was performed. Then touch that spot with the ring finger and touch the forehead between the eyebrows.*

adya no devaa savitaa prajaavat saavee soubhagam
para duswapneeya suva
vishwaani deva savitaa duritaani paraa suvaa
yad bhadram tama asuva